

Symptoms & Signs of Pregnancy:

A) Presumptive B) Probable C) Sure

A) Presumptive: (NOT PROOF but Suspicious)

1- Amenorrhea (there are other causes e.g. psychological, anovulation ...)

2- Nausea & Vomiting

3- Morning Sickness (d.t high levels of hCG at the morning)

4- Fatigue "Bed rest is Chicken soup of Obstetric"

5- Breast Symptoms (Tenderness, Fullness, Enlargement, Montgomery follicles)

6- Increased Frequency of Micturition (\uparrow Uterus size \rightarrow compression of Bladder in first Trimester)

*Uterus ascent to abdomen by fourth month \rightarrow \downarrow Frequency

* Honeymoon Cystitis: frequent intercourse \rightarrow Urinary tract infection

7- Subjective Symptoms (feelings of simply knowing that she is pregnant , احساس داخلي بالحمل)

heightened emotions such as exhilaration or weepiness سعادة أو بكاء غير مبرر or even dreams!

B) Probable:

I- Uterine Changes:

*Uterus increase in size 20 times during pregnancy from 50 gm before to 1000 gm at delivery

1- Hegar's Signs:

Softening of the uterine consistency and the possibility to palpate at the connection between the cervix and the fundus of uterus

2- Ballottement: of the fetus by the 3rd month

Vaginal Examination:

*Later in Skill Lab

1-Inspection

2-Digital Palpation of the Cervix

3-Bimanual examination

4-Specular examination

II- Vaginal Change:

1- Chadwick's sign: a bluish discoloration due to Venous congestion under effect of estrogen

2- Leukorrhea: Increase in white or gray mucoid discharge that has a faint musty odor, due to hyperplasia of vaginal epithelial cells because of increased hormonal level

**It also present in Vaginal Infections

III- Cervical Change:

1- Goodell's Sign: Softening of the vaginal portion of the cervix from increased vascularization

2- Formation of Mucous Plug Show أو عند العامة مراواں الولادة - بتنزل قبل الولادة وينسمیہا ال-

IV- Abdominal Changes:

Because of \uparrow Melanocyte stimulating hormone + stretch on elastic and collagen fibers:

1- Linea Nigra: dark vertical line from the umbilicus to the symphysis pubis

2- Striae Gravidarum: Striae Rubra (during pregnancy) + Striae Albicans (after delivery)

V- Facial Signs:

Chloasma of pregnancy: dark skin discoloration of the face (also d.t. \uparrow Melanocyte stimut. Hormone)

C) Sure

1- Pregnancy test: See Before

2-X-Ray: Obsolete في الامتحان ده اتلغى من زمان أوعى حد يكتبه

2- Ultrasonography:

*Exclude ectopic & vesicular mole *Number of gestational sacs

*Diagnose missed abortion *Estimation of Gestational age

■Trans-abdominal → diagnose 5-6 weeks ■Trans-vaginal→ diagnose 4-5 weeks

3- Palpation of the entire fetus: after the 24th week

4- Palpation of Fetal Movement: after 24 weeks

5- Actual Delivery

False Positive:

1- Cross Reaction

2-Ectopic pregnancy

3-Vesicular mole

Calculation of Gestational Age:

- Last Menstrual Period: Add 7 days and 9 months to get Expected Delivery Date (EDD)

*Naegele's rule: (add 1 year - subtract 3 months - add 7 days)

Date of Pregnancy:

1-Sure of date: She is sure, and the cycle was regular with the normal amount

2-Reliable date: Sure + Regular previous 3 cycles with No Lactation or Contraception during them

3-Excellent date: Sure + Reliable + Ultrasonography (once at 10w or twice at 16w & 20w)

*The date of embryo transfer in ICSI and IVF is Excellent without sonography

*Not sure of date → Serial ultrasonography

Sonography Errors in estimation of gestational age:

1st Trimester→ 1-2 days, 2nd Trimester → 1-2 weeks, 3rd Trimester→2-3 weeks

Important Definitions:

1-Gravid: technical word for pregnant.

2-Parous: having given birth one or more times.

3-Primigravida: pregnant for the first time

4-Nulligravida: never gotten pregnant.

5-Nullipara: never given birth. (*Nulligravida as she might have abortions)

6-Multigravida: has been pregnant up to 5 times

7-Grand Multipara: has given birth more than 5 times

8-Term: Fetus 38-42 week

9-Preterm: Fetus 37 or less weeks

10-Post-term (Post-date): Fetus more 42 weeks

11-Period of gestation:

*1st Trimester: weeks 1-13

*2nd Trimester: weeks 14-26

*3rd Trimester: weeks 27-40